

TASK 1

Question 1

Waiter: So, are you ready to order?

Tom: Almost. We're having some difficulties choosing a main course. What do you recommend?

Waiter: Ok, sir, well I definitely recommend our chef's speciality – Indian spiced short ribs with chilly pepper.

Tom: Mmm, sounds tasty

Waiter: Oh, it's unbelievable, the best thing about it is the special wine-based sauce, that comes with it.

Tom: Ok, but my wife doesn't eat pork, so could you recommend something for her as well?

Waiter: Madam, you should definitely try our beef steak with fries.

Anna: Mmm, I'm not quite sure.

Waiter: Well, if you are not a fan of meat, you might be interested in grilled salmon with vegetables instead.

Anna: Mmm, that does sound nice.

Waiter: It is. It's actually one of my personal favourites. It's absolutely delicious!

Anna: Ok, so I'll have that.

Waiter: Excellent choice, would you like anything to drink?

Question 2

Police officer: So, Mr Smith, can you help us put together a list of all the missing items?

Mr Smith: I'm not sure. I will have to look through everything. The house is a mess at the moment, but at a glance I can't see my laptop.

Police officer: Do you remember the brand and the model? Or maybe you've got a photo or a receipt somewhere?

Mr Smith: I'll have to look for one, it's just a plain silver device though. Nothing special.

Police officer: Ok, anything else?

Mr Smith: My wife's jewellery! Let me check if it's still here. Just a moment. Phew! Here it is and here's the laptop. I guess my wife must have put it in here before we went on holiday.

Police officer: Ok, I see.

Mr Smith: I think I need to look through everything carefully and wait for my wife to check if any of her designer clothes have been nicked. Wait, where's the sunflower painting? It was a birthday present from my wife. I don't think it's super expensive, but someone might have thought it was...

Police officer: I don't suppose you have a

picture of it, do you?

Mr Smith: There might be one somewhere in the family album...

Question 3

Tom: Ben, did you catch the match yesterday?

Ben: Ah, nope, I missed it. Luckily, I recorded it, so I think I'm going to watch it at the weekend.

Tom: Make sure you do.

Ben: I will, I will. I couldn't believe the final score! I really didn't expect Real Madrid to lose 5 (:) 2.

Tom: Yeah, the game was incredible. It started quite predictably though, Real Madrid scored an early goal and it looked as if it would be business as usual for them.

Ben: So, what happened?

Tom: Well, after Ramos got injured, everything went south for them.

Ben: Just because they had to change one player? That doesn't sound like Real.

Tom: I know, but somehow Manchester United managed to take advantage of a mistake by the goalkeeper, who was throwing the ball in the game. So, Manchester scored their first goal. After that there was a penalty, and then before the end of the first half Real was losing 3-1.

Ben: Wow! I'm not sure I want to see that...

TASK 2

Question 1

Chef: Ok, guys. So now, that everything is ready – let's get started. First, heat some oil in a pan and chop the onions. Sauté them and meanwhile grate two big carrots, and then add them to the onions. Now, slice the mushrooms and add them to the pan. Keep cooking it all for 10 more minutes. Add salt and pepper and you're ready to serve.

Question 2

Tom: Mum, can I go to the cinema with Bob and Nick tonight?

Mum: Well, not before you've done your share of the housework.

Tom: But, mum...

Mum: Tom, you know the rules...

Tom: Fine, so what do you want me to do?

Mum: Well, you can start by vacuuming the carpets, doing the washing up, and organizing that stuff in your room.

Tom: Ok, mum.

Mum: Hang on, that's not all of it.

Tom: What?

Mum: Well, the lawn also needs mowing.

Tom: Fine, mum. But then, can I go?

Mum: Just come home before 11.

Tom: Ok, thanks. I suppose I better make a start on the vacuuming then.

Question 3

Josh: Hey Ann, so have you decided what pet you're getting?

Ann: Yup. I'm getting it on Friday.

Josh: So, what is it? A dog? Or a cat?

Ann: Cat's are selfish, I would never go for a cat. I'm getting something much cooler and a bit more unusual.

Josh: Hmmm, interesting... So, what is it? A raccoon? I heard that Liza's got one. She says they're absolutely adorable with their little mask-like faces. The only problem is that it's always throwing her things in the bath. It even threw her new phone in last week.

Ann: Ok, they sound worse than cats! No, I'm not getting a raccoon. I'm getting ... a skunk.

Josh: A skunk? aren't you afraid of the smell?

Ann: No, they're descended at an early age, which involves them having their glands removed, so it's ok. And they are energetic, playful and friendly. So, I think a skunk is going to make a terrific pet.

TASK 3

Question 1

Ben: Hey, that's a great pic!

John: Yeah, it was an awesome party. Jumping in the pool with all my clothes on was kind of a spur of the moment idea.

Ben: Yeah, well it looks like you inspired everyone else to do the same.

John: Yeah, I have to admit, that I felt pretty cool. But then, I managed to ruin my reputation the next morning.

Ben: Come on, why? What happened?

John: I was taking my nan's dog for a walk the next morning when the dirty beast ran away. I ended up chasing it around the park for about 10 minutes.

Ben: Ooops

John: I love that dog, but the whole way home all I could think about was all the different ways I wanted to kill him.

Question 2

Presenter: ... so, to prepare this wonderful soup you will need a few medium sized potatoes, one big carrot, half a cabbage, one big and juicy red pepper, three to four tomatoes, one

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onion and two spoonfuls of sour cream. When everything is peeled and ready, cut all the vegetables into even pieces and boil them in salted water.

Add pepper and greens. Now blend it with two tablespoons of cream and voila – your excellent first-course dish is ready!

Question 3

Tom: Hey mum, do you think you'll have time to get me some stuff at the stationery shop today?

Mum: Ok, Tom. I'll try. What do you need?

Tom: 3 notebooks, no 4. 2 black pens, a pencil, a long ruler.

Mum: Ok, slow down, I need to write this all down. Do you need an eraser?

Tom: Yup, you can add that to the list.

Mum: Do you want me to get you a sharpener?

Tom: Mmm, probably not, I should have one from last year.

Mum: Ok, some correction fluid?

Tom: Yeah, I suppose so.

Mum: Good, then, if you think of anything else, you can give me a call. I'll probably get to the store in the evening, after work.

Tom: Ok, thanks mum.

TASK 4

Question 1

John: Have you chosen a present for your mum yet?

Anna: Yup, and I've already bought it.

John: I'm impressed! So what is it? Did you get her those cool vintage sunglasses?

Anna: I really wanted to, but I wasn't sure about the design, so I thought it was best not to.

John: Right.

Anna: And well, you know how much my mum loves scarves.

John: Yeah, she's got like 30 already!

Anna: Actually, I think last time she counted there were 42.

John: 42! Oh, my! So now she's getting number 43!

Anna: Good guess, but no. I thought she could do with some different accessories, so I got her a stylish red woollen hat.

John: Mmmm

Anna: What?

John: Are you sure your mum would wear one?

Anna: Of course! She loves red, just let me show you a pic, it's lovely.

Question 2

Roberta: Excuse me.... Sorry, hi, we were wondering if you could help us.

Josh: Hi, yeah, what's the problem?

Roberta: We're on holiday and well, we can't find the way back to our hotel.

Josh: Oops! Okay, what's the name of the hotel?

Roberta: It's The Park Hotel, do you know it?

Josh: Ah yeah, it's the big fancy one near the park. Okay, so you need to go back to the main square, after that take the second right. That'll take you onto a one-way street...

Roberta: Does that mean we go past the supermarket?

Josh: Yes, that's it. And then your hotel will be right there on your left.

Roberta: Okay, I remember that place. Thank you!

Josh: No problem!

Question 3

John: Hello?

Mark: Hello, is that John?

John: Err, yeah, is that Mark?

Mark: Yeah, it is. Look, John, sorry to bother you on your holiday, but I've got a bit of a problem.

John: Okay, go on.

Mark: You remember those contracts we signed with that new client last week?

John: Yeah?

Mark: Well, I can't find them. Did you put them somewhere safe?

John: Oh right. I don't think so...but have you looked on my desk?

Mark: Yes, John. They're not there.

John: Hmm, right. I don't think I was the last person to have them to be honest. What about in Sarah's filing cabinet?

Mark: Nope. Sarah's here and she's looking for them too.

John: Oh hold on. Weren't they in that blue folder?

Mark: Were they..?

John: Err...yeah. Sorry. It's in my bottom drawer.

Mark: ... Right. Okay... got it John. Have a nice holiday.

TASK 5

Question 1

Dad: So, John, are you sure you want to

be a lawyer?

John: Well, yeah. They are cool and earn loads of money. Not a bad combination!

Dad: You know, life isn't the same as in your favourite TV shows.

John: I know, but you can't deny that lawyers usually have really high salaries.

Dad: Yeah, but the tuition fees at law universities are high too and you know mum and I don't have enough money.

John: I know, I know, but I've been doing some calculations and if I get a student loan and work part time then I think I will be able to cover some of my expenses. Then I could apply for an internship to start paying it off.

Dad: I'm glad you're so optimistic, but are you sure you can handle having a job and studying at the same time? Plus it's actually not so easy to find an internship unless you graduate top of your class.

John: I know, but I'm pretty sure I can do it.

Dad: Ok, then.

Question 2

Kevin: Hey, Josh. What have you been up to?

Josh: Hello, mate. I've actually been looking for a job for summer. I've not had much luck so far.

Kevin: Yeah, there aren't many jobs around here for people our age. Having your own money makes life a lot easier.

Josh: Right, so I thought maybe I could work at your place?

Kevin: Hmm, I don't know. I don't think we need any more staff at the moment, but I can ask.

Josh: Thanks. What's it like working there? Do you like it?

Kevin: You mean, is being a waiter cool?

Josh: Something like that.

Kevin: It's ok, some people are really nice and sometimes you can get a good tip...

Josh: But?

Kevin: But, honestly it's not easy carrying dishes around for 8 hours straight, and if you break something it comes out of your wage.

Question 3

Tom: So, Phil, did the move into your new flat go okay?

Phil: Pretty much. I'm still getting stuff sorted, but it's looking alright.

Tom: Oh, are there any problems with it? You don't sound so sure.

Phil: Well, nothing major. But there's a

problem with the tap in the bathroom. It's dripping and needs fixing. I just find it really annoying because I just moved in. It's not an emergency though, I guess.

Tom: Okay. Anything else?

Phil: It looks like the previous tenant didn't do a very good job of cleaning it when they left. I knew they had a dog when I viewed it, but I assumed they'd give it a good clean before moving out. Anyway, they clearly didn't and the lounge still smells of dog!

Tom: Oh dear. Well, I guess neither of these things are big issues, are they?

Phil: No, I suppose not. Just a bit irritating. On the bright side the views from the balcony are great. It's on the sunset side of the house and it's really picturesque at dusk.

Tom: Cool!

Phil: Plus, the last guy who had it might have not cleaned up after his dog, but he did leave me a really cool coffee machine – which is nice of him!

Tom: Awesome! Can't wait to get invited round. After you've cleaned the lounge though, obviously.

Phil: Hmm, yeah...

TASK 6

Question 1

Tom: Why don't we go to the movies?
Anna: I'm not sure. Maybe it's better to stay at home and watch a film. A comedy, maybe?

Tom: But the new IT 2 film is on at the cinema this week.

Anna: Ah, so it's a sequel to that horror film you made me watch last year about the 7 kids being terrorized by that killer clown?

Tom: Yes, I knew you would remember it. You really liked it at the time, didn't you? (rising intonation)

Anna: NO! You liked it, I didn't want to watch it. I couldn't sleep for a week afterwards!

Tom: Ok, no killer clowns then. Toy story 4 is still on though.

Anna: Come on, that's for kids.

Tom: Fine, so what do YOU want to watch?

Anna: I don't know. Maybe we could watch The Passengers...

Tom: Oh, come on. Not again, we've already watched it twice...

Question 2

Ann: Hey Ben, long time no see.

Ben: Hey Annie. Yeah, that's true! How's university?

Ann: It's fine, thanks.

Ben: We should catch up sometime soon, you can tell me about it!

Ann: Actually, do you fancy going to the new mall this weekend?

Ben: Well, I wouldn't recommend it.

Ann: Why not?

Ben: Well, I was there this weekend and it was a complete disappointment.

Ann: Oh, no! Why?

Ben: First of all, lots of sales were announced, but the prices were still incredibly high. And the changing rooms were small and uncomfortable. I have like three bruises from that shopping experience!

Ann: You're joking.

Ben: Having said that they did have all the latest fashions in stock and I actually bought this jumper there.

Ann: Oh, it looks really nice. So, maybe it's worth going there after all?

Question 3

Tim: Oh, hi Julia, I was thinking about you yesterday. So how's life in sunny Prague?

Julia: Hey Tim, sorry I haven't called you sooner, but it's all go here! The city is absolutely fantastic!

Tim: Right. So, have you settled in yet?

Julia: More or less, I'm living on campus in a dorm. I've got a nice Polish girl as my roommate. And actually we have a really good room with a private bathroom and the kitchen is fully equipped.

Tim: So, it sounds like everything's great!

Julia: Well, it's ok. But you know, I'm just not used to living with someone and constantly asking if it's ok to turn on some music or going into the corridor to make a call.

Tim: Well, that's part of having a roommate I suppose.

Julia: Yeah, I guess you're right.

TASK 7

Question 1

Josh: Ok, let's go to Barney's coffee shop during the lunch break, I really want a big piece of their chocolate cake.

Jane: Oh, Josh. I can't. I couldn't squeeze into my favourite skirt today. I really need to go on a diet.

Josh: A diet? Nonsense. Diets are bad for your health!

Jane: What should I do then?

Josh: How about taking up a sport?

Jane: You know I hate sport!

Josh: Well, there are dance classes, yoga

classes and what not. There must be something out there that you would enjoy.

Jane: I suppose so, but I'm not sure that will help.

Josh: Well, you need to give yourself certain restrictions. For example, cutting down on how much sugar you're having would be a start.

Jane: That sounds like going on a diet.

Josh: No, no, no. Not exactly, this is choosing meals and snacks more wisely.

Jane: But you eat chocolate cakes.

Josh: Yeah, but not very often.

Question 2

John: Hey! Kevin! We need to talk!

Kevin: Yeah, mate? Want something?

John: Well, yes. Could you please use headphones to listen to your music?

Kevin: What? You mean, you don't like 'The Destruction Unit'?

John: Actually, I'm not really into rock music.

Kevin: Sorry bro, I didn't know that. Ok, we good now?

John: There was something else...

Kevin: Yeah?

John: Well, I don't really like when you leave your stuff lying around.

Kevin: Ok, I'll only leave my stuff on my bed and my chair.

John: And can't you help me do the cleaning?

Kevin: Come on, mate. Am I some kind of girl or what?

John: What do you think I am?!

Kevin: Ha! Yeah, ok. I'll do my share.

John: I'll believe it when I see it!

Question 3

John: Hey Lora, so how was the shopping spree?

Lora: Hello John! Well, you know, you can get some great bargains on Black Friday.

John: Oh, come on, you don't actually believe it, do you?

Lora: Of course I do! Look, I bought this cool jumper with a 40%-discount.

John: Ok, I admit, it looks nice. But, I don't think there are any real offers when the shops have sales. It's just a trick to make people buy more.

Lora: Don't be such a bore. The sales are real, I got myself this stylish bag and they gave me this red purse for free. Isn't it nice?

John: But, did you need these things in the first place?

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TASK 8

Question 1

Anna: Hello Peter.

Peter: Hey sis, how are you?

Anna: Um, fine, thanks. Everything ok?

Peter: No, not really. I could really use your advice at the moment.

Anna: Uhuh

Peter: It's Jacky's birthday, and I have absolutely no idea what to get her and stupidly I've already told her that I've got her something amazing.

Anna: So, now, because you were bragging, you have to get her something extra cool.

Peter: Yeah, I thought you could help.

Anna: Ok, how about a nice hat and scarf in her favourite colour?

Peter: Hmm maybe, I think she likes yellow.

Anna: Are you sure?

Peter: Mmm, not really. How about I get her a new phone?

Anna: That would be quite expensive though, wouldn't it?

Peter: You know there are some less expensive models around.

Anna: Yeah, however you told her, that the gift would be something amazing.

Question 2

Jack: Hi, excuse me...? Hi. I want to try this shirt and these trousers on, but I need a bigger size in this and a smaller size in these.

Shop assistant: Right, let me see what we've got.

Jack: Thanks.

Shop assistant: Well, here's a smaller pair of trousers...but we don't have the shirt in a bigger size and the same colour. We have the same style in blue if you'd like to try that.

Jack: Hmm. But this blue one, the colour looks a bit strange. Has it been in the shop window in the sun for too long?

Shop assistant: No, I'm pretty sure that's the colour it's meant to be.

Jack: Pretty sure? Can I get a discount on the shirt because it's faded?

Shop assistant: It hasn't faded, honestly! And we don't do discounts like that I'm afraid.

Jack: Oh well, it was worth a try. Can I try them on anyway?

Shop assistant: Yes, of course. The changing rooms are just over there.

Question 3

Sveta: Have you thought any more about our trip to England, Ivan?

Ivan: Yeah, I have, actually.

Sveta: Where were you thinking we should visit? I mean London, obviously, but is there anything else you really want to see?

Ivan: Yeah. I'm pretty keen to see York!

Sveta: Okay... why? I don't know much about it.

Ivan: It's a really historic city in the north. It's really beautiful apparently.

Sveta: So what's there to visit?

Ivan: It's got old city walls, and a beautiful cathedral.

Sveta: What about museums? It sounds like that sort of place.

Ivan: Yup. It has the York Dungeons and the Yorvik Viking Centre. Apparently, the city was originally founded by the Vikings.

Sveta: Oh, that's interesting! Maybe we should add it to our list!

TASK 9

Number 1 most stressful holiday

So, what is the number one most stressful vacation on the planet?

Well, this is definitely not a poolside piña colada type of holiday.

We are talking about Antarctica, and unsurprisingly it's an adventure of a lifetime that is in no way easy.

The stress starts from the onset because you can only visit the icy continent five months out of the year. It's literally impossible to get there other than during the Antarctic summer, which falls between November and March.

This of course is assuming you can even get there, because Antarctica is far, epically far. From New York, for example, you'd have to fly to Buenos Aires, which would take just over 11 hours. Depending on which flight you've booked, you'll then have a minimum four-hour layover before flying another three and a half hours to Ushuaia in the Tierra del Fuego region of Argentina. That's 18 hours and 45 minutes of travel already and you're still just in Argentina!

From Ushuaia, your best bet is to travel on a specialised cruise ship. There are a number of options depending on budget and the vibe you are going for – large ship or smaller ship etc. – but the journey itself will last at least 10 days for a short cruise and cost you around \$5,000 minimum (not including flights!).

As if the time and price alone wasn't

stressful enough, it is going to be freezing cold the entire time and the seas are going to be rough. You will be cold and wet and probably seasick. You will also be in danger, because this is nothing like a Caribbean cruise. This is nature at its most brutal in every sense of the word.

That said, if you can handle the stress, this is also a holiday you will never forget and a landscape unmatched anywhere else on the globe.

TASK 10

What it takes to be a hero

Presenter: Hello and welcome to our Hero of the Year award ceremony! What does it take to be a hero? Raw courage? Moral conviction? Extraordinary altruism? Today we are going to honor your choices for the award.

Presenter: The first story is about The Crime Stoppers.

Voice 1: "Stop them!" a pedestrian yelled. "They stole a lady's purse!" Kevin Croskey and a dozen fellow landscape workers in Independence, Missouri, took off after two young men. The boys were quick, but the landscapers were in good condition and they encircled the teens. As soon as the crew cornered the purse snatchers, one of the teenagers looked like he was going to pull a weapon. "Dude", said worker David Brown, "you don't want to fight all of us." The police were called, the kids arrested and some people began calling the landscape crew the crime stoppers.

Presenter: Those are some decent young gentlemen, now let's move to the story about the Human Chain

Voice 2: After a tornado had ripped through Montgomery, Alabama, teachers and kids from a nursery school were trapped in the building's game area. The teachers had tried to protect children by taking cover in a plastic ball play pit – even shielding the kids with their own bodies. JJ Justiss squirmed through the tangled steel and crushed cinder blocks, whispering "Hello, anybody there?" Having found the kids, Justiss passed them hand over hand down a line of gathering volunteers and out to safety. Liberty Duke, the director of the day-care centre, was one of the volunteers in line. "Total strangers saved the day", says Duke. For her, it was personal – her son was one of the 31 kids rescued.

Presenter: You guys are incredible, but there is one more nominee and you know them as The Cool Guys

Voice 3: At the bottom of frozen Idaho

Falls on the Snake River, Terek Beckman and Steven Haws spotted a white truck turned upside down. A woman was standing neck-deep in the frigid water, holding a child. Instinctively, both men went to the rescue, scrambling over a guardrail and crawling across the ice. They could hear the current moving under the frozen surface as they approached the two. Haws extended his 2m frame and grabbed the little girl. Beckman held her close to warm her and handed her to police, who had arrived on the scene. Then the two went back and pulled the woman out as well. "Common sense was a little slow to kick in," Haws says. "Before I had time to think, I was on the ice." Or maybe he and Beckman were just a couple of cool guys of uncommon courage.

TASK 11

Majority of schoolchildren buy takeaway for lunch at least once a week

Most children are buying takeaway for their lunch at least once a week, shows a new study from the British Nutrition Foundation (BNF). The research found that 60 percent of 11 to 16-year-olds said they bought food such as chips or fried chicken from takeaways at lunchtime or after school at least once a week.

The study also found that 48 percent of primary school students and 39 percent of secondary school students reported eating three or more snacks a day. While fruit was the most popular snack among the majority of primary and secondary school students, this was closely followed by less healthy options, with almost half of children aged 7 – 11 years saying they snack on crisps (46 percent) and chocolate (46 percent).

The survey revealed that many children do not enjoy eating healthily, with 36 percent reporting that they don't like healthy foods, 20 percent saying that healthy foods are boring and 12 percent not sure what the healthiest foods are.

Roy Ballam, BNF's Managing Director and Head of Education, said: «This is where education about nutrition, cooking and food origins can play a key role in helping children understand and get familiar with the foods that make up a healthy diet. With snacks, sugary drinks and takeaways readily available to many children on their way to and from school we need to do all that we can to educate young people about eating well.

"While our survey showed that parents

are the people to ask when children are concerned about health it's also vital that we support teachers to deliver evidence-based and engaging information to children about food and nutrition. Many teachers may actually get little training in nutrition and addressing this is key to ensuring the quality of food education in schools.»

Figures released earlier this year showed that more than 50 percent of children were overweight or obese upon leaving primary school in some areas.

TASK 12

We all feel a tiny bit scared of flying, and flying through bad weather adds even more stress, but let's find out what science has to say about it.

Well, a number of planes are sometimes forced to abort landings amid strong wind gusts, with videos showing aircraft swaying left and right before returning to the safety of the sky. The weather conditions will do little to encourage nervous fliers, but what, if any, are the risks posed by high winds?

First things first. Shaky "sideways" landings shouldn't alarm anyone. In fact, pilots are trained to perform exactly this manoeuvre in the event of strong crosswinds.

When a plane is landing in a crosswind, pilots will commonly aim the plane into the wind, a manoeuvre that will ensure that the aeroplane's path over the ground takes it directly to the runway.

In an ideal world, the pilot wants to land into the wind and in the centre of the runway. If there's a tricky cross wind, they will approach with the nose of the plane facing the wind. Just as the pilot performs the "flare" – designed to slow the descent rate – he or she will bring the aeroplane's nose in line with the runway.

The phenomenon known as "wind shear" also poses a risk. This is a sudden change in wind speed and/or direction, causing turbulence or a rapid increase or decrease in velocity. A tricky scenario might see a pilot attempting to land into a headwind that suddenly turns into a tailwind. The result? Landing late and fast, and potentially overshooting the runway.

Pilots always have a plan B in mind if the intended approach is not safe or if the airport closes because of high winds. For landing in Washington DC, for example, British Airways pilots know they can divert to Baltimore or Boston. Updates

on wind and weather conditions are communicated to crew throughout a journey to help with decision making.

High winds can make a flight uncomfortable, but are extremely unlikely to be fatal – they might even mean your holiday starts sooner. Strong tailwinds – and jet streams – can shave hours off a flight time. A British Airways flight nearly went supersonic in 2015 thanks to just that – flying from New York to London in just five hours and 16 minutes when the usual journey time is nearly seven hours.

That's one reason to hope for gales next time you're waiting in the departure lounge.

TASK 13

Did you get a headache at the weekend? If so, scientists think they know why - it was the weather. A rise in temperature or a fall in barometric pressure, which often accompanies a thunderstorm, could trigger a headache or migraine.

Headache sufferers have long suspected that changes in weather can trigger an attack. Now they have scientific support for their claims from one of the largest studies of the link between headaches and the weather. Researchers who monitored 7,000 patients with headaches serious enough to make them seek treatment at a hospital A&E department found the main trigger was a rise in temperature in the previous 24 hours.

The risk of a severe headache rose by 7.5 percent for every 5C rise in temperature. Falls in barometric pressure in the previous 48 to 72 hours also had an effect, though to a lesser extent. But other effects such as humidity and air pollution had no impact, the findings revealed.

The results of the study, by scientists at the Beth Israel Deaconess Medical Centre in Boston, in the United States, provide evidence for a piece of clinical folklore. But they do not explain the link, or what mechanism may cause it.

Kenneth Mukamal, who led the study published in *Neurology*, said: "Our results are consistent with the idea that severe headaches can be triggered by external factors. These findings tell us that the environment around us does influence our health and, in terms of headaches, may be impacting many, many people."

About 18 percent of women and 6 percent of men suffer from migraines, which are more common among the young than the old. So with more than

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1/10 of the population experiencing migraines, a huge drain is imposed on the economy from sickness absence. Migraines are known to be set off by triggers, including certain foods, alcohol, stress and hormones. But controversy has surrounded the supposed link with the weather. Dr Mukamal added that patients should try to identify the triggers that lead to their headaches.

Although weather-related triggers cannot be avoided, doctors might be able to prescribe drugs to prevent the effects.

This week, Friday is forecast to be the day with the sharpest temperature rise in London and could push more to reach for their medication.

TASK 14

One of the biggest food trends of 2018 isn't even something you can eat. First, a video went viral of a turtle getting badly injured by a plastic straw, and then celebrities began calling for a reduction in their use. Now, Americans have been leading the battle against straws with trending hashtags and demands to ban them completely.

Though the number of plastic straws Americans use every day is an unconfirmed statistic, one 9-year-old boy famously estimated the number to be 500 million. No matter the exact number, plastic straws are no doubt contributing to the billions of pounds of plastic being dumped into oceans today, and Americans' regular use of plastic straws has become an integral part of our daily lives, particularly with the rise of fast-food culture and our changing eating habits.

The fight against straws gathered momentum in the U.S. at the beginning of the summer when corporations such as Ikea and Alaska Airlines began eliminating plastic straws. Then, Seattle became the first major city in the nation to ban plastic straws and Starbucks became one of the largest proponents, vowing to replace plastic straws by 2020.

As a relatively cheap, single-use disposable product, straws are viewed as the "gateway plastic," blamed for being the plastic item that can lead to the use of other disposable plastics. But what if this whole debate over straws can actually be a gateway to a deeper discussion on American eating behaviors and our changing culture?

As Dune Ives, a leader of the straw ban movement in Seattle, told Vox, "Our

straw campaign is not really about straws ... it's about ... putting up a mirror to hold us accountable." As we are encouraged to stop using the plastic straws, the case can get us to start thinking on a larger scale, not only about our environmental practices but our eating habits as well.

TASK 15

Space Probes

START AT THE BEGINNING:

A space probe is any unmanned device sent outside the Earth's atmosphere to gather scientific data. The first was the Soviet Union's beachball-sized Sputnik 1 which orbited our planet for three months after its launch on 4 October 1957. Seventeen weeks later the US sent up its own probe, Explorer 1. The "Space Race" had begun.

As technology improved, probes went further into space, sending data back via radio signal. In 1962 NASA's Mariner 2 had the first successful interplanetary encounter, flying within 35,000km of Venus – near enough to read its temperature and analyse its atmosphere. Just 18 months later Mariner 4 sent back the first "close-up" photos of a planet: Mars. Then, in 1976, rovers Viking 1 and Viking 2 made the first successful landings on Mars. Later, in November 2014, Philae, a lander launched from the European Space Agency's Rosetta probe, made history by landing on a comet nucleus.

How far into the space have we gone?

Although probes have become ever more sophisticated, none have surpassed the achievements of Voyager 1 and Voyager 2, launched in 1977. Both are still travelling and sending back data. Even more remarkable is the distance they've covered. Earth is around 149.6 million km from the Sun and Voyager 2 is now more than 100 times further than that. Voyager 1 has become the first human-made object to reach interstellar space by crossing the heliopause – the area where the solar wind gives way to interstellar wind. It's currently a mindblowing 19.9 billion km from our Sun, gathering data on the outer reaches of the solar system. The signals it sends back travel at the speed of light but with only about the power of a fridge lightbulb, yet NASA's Deep Space Network can pick them up. Plus, it's not over yet. They both have enough fuel to operate until at least 2025.

WHY ARE WE PROBING SPACE ANYWAY?

The original reason was simply to build

knowledge but, according to Stephen Hawking and other commentators, this data-gathering has become essential to provide alternative possibilities for our future, when Earth can no longer sustain human life.

TASK 16

How Did New Zealand Get Its Name?

New Zealand has been put on the map thanks to its unbelievable landscapes, friendly locals and hobbit-related tourism. What a lot of people don't know is how the country came to be called New Zealand. We all know that sometimes the old human imagination runs a little thin and we simply call something 'New' after an already established city or place. For example, we have New Hampshire, New York and New England from the original Hampshire, York and England. With New Zealand it's a bit different.

Firstly, although English is the first language of this little Pacific nation, it wasn't actually the British who were the first Europeans to the country that the Maori people had been calling Aotearoa – The Land of the Long White Cloud.

Whilst the well-known Captain Cook was the first European to land in New Zealand in the late 1700's – on three separate expeditions, it was actually the Dutch who got there a century or so earlier.

Now, the Dutch were seemingly well ahead of the game here. Somehow they managed to find a relatively tiny speck of land at the end of the world. If they'd overshot it they might've ended up in Antarctica. However, old Abel Tasman and the boys were convinced that they were on an island off the coast of Argentina. After much muttering and a few hasty calculations, a bit of head scratching and some embarrassed looks, they figured out where they'd actually ended up. Presumably, Abel Tasman covered the awkward silence by proclaiming that this new land was to be called...Nieuw Zeeland!

So, where was the old Zeeland?

Well, as you would expect, Zeeland was a province in the Netherlands. The word 'Zeeland' actually translates to 'sea-land', which was not a bad idea from the explorer Tasman – especially when you think how silly he must have been feeling after landing somewhere thousands of miles from where he

intended to be. Still, he came up with a nice name and then headed off again. Tasman still got his name on a good many locations around the area in the end. So now we have the Tasman Sea that divides New Zealand and Australia, and also there is the island of Tasmania.

And then, Captain Cook gave the name the Anglican twist, changing the way the name was written. This is, obviously, how we all know it today.